

Deputy Matt Carthy
Leinster House
Kildare Street,
Dublin 2

4th March 2024

Ref: PQ 56416/23: To ask the Minister for Health the mental health services in place at each relevant care centre in County Monaghan

Dear Deputy Carthy

I refer to your recent correspondence. I have examined the matter and the following outlines the position of Cavan Monaghan Mental Health Service.

A Vision for Change proposes a holistic view of mental illness and recommends an integrated multidisciplinary approach to addressing the biological, psychological and social factors that contribute to mental health problems. It proposes a person-centred treatment approach which addresses the individual needs of service users.

Special emphasis is given Specialist expertise should be provided by community mental health teams (CMHTs) - expanded multidisciplinary teams of clinicians who work together to serve the needs of service users across the lifespan.

Service Delivery

The Cavan-Monaghan Mental Health Service is delivered through specialist mental health multi-disciplinary teams from childhood to old age:

- ***Child & Adolescent Mental Health Service;*** The Child & Adolescent Mental Health Service (CAMHS) is a multidisciplinary service that prioritises the assessment and treatment of children up to the age of 18 presenting with Axis I mental health problems.
- ***Adult Community Mental Health Service;*** The Adult Community Mental Health Service is a multi-disciplinary service that provides mental health care to working age adults. Its aim is to provide an integrated, comprehensive, high quality, individualised system of care and support which meets the needs of people with acute mental health problems and their carers.
- ***Community Rehabilitation Service;*** The Community Rehabilitation Service provides care to people with severe and enduring mental health difficulties who have complex needs. The core philosophy of the Adult Community Rehabilitation Service is to provide individualised care programmes for service users and carers, based on identified need and implemented as much as possible in a non-institutional setting.
- ***Psychiatry of later life Service;*** The Psychiatry of later Life Service provides care to people who develop mental health problems as they get older. (Over 65 years). Its aim is to provide integrated, quality, patient centred and community based services to patients and their families.

- **Mental Health Services for people with Intellectual Disability;** The Community Mental Health Intellectual Disability Team (CMHID) provides care for people over 18 years who have an intellectual disability and mental health problems.
- **Liaison Psychiatry Service:** The Liaison Psychiatry Service provides expertise in the assessment and management of patients in the Acute Hospital presenting with mental illness/ill-health. This service commenced in October 2016 in Cavan General Hospital.
- **Clinical and Therapeutic Programmes Development**
- *Eating Disorder Service* – As part of the mental health National Clinical Programmes an Eating Disorder mini-hub has been established in Cavan Monaghan MHS, based, at present in Carrickmacross Primary Care Centre. This hub will provide specialist interventions across Cavan and Monaghan.
- *Suicide Crisis Assessment Nurse (SCAN)* - Cavan and Monaghan have among the highest rates for suicide in Ireland. CMMHS employs two Suicide Crisis Assessment Nurse's (SCAN), one covering each county. These work with GP's in primary care to provide rapid assessment for people presenting with self-harm or suicidal thoughts to general practice.
- *Dialectical Behaviour Therapy (DBT)* – DBT is an evidence based approach for people who self-harm and are suicidal. It is currently available to adults attending Monaghan mental health services.
- *Focussed Intervention Training and Support (FITS)* – an innovative, evidence based approach to managing people with disturbed behaviour in the context of dementia. CMMHS organised training on this approach in late 2016/early 2017 and facilitated the participation of staff from HSE Services for Older People and the private nursing home sector, across Cavan and Monaghan.
- *Talking Therapies* - Increased access to a range of psychological therapies is a significant component in recovery and improving outcomes for clients attending mental health services. Cavan Monaghan MHS are one of five national demonstration sites for Talking Therapies model of care for adults attending community mental health teams (CMHTs). A Talking Therapies Hub team comprising Principal Psychologist (halftime), Consultant Psychiatrist (0.2 wte) and senior clinician (fulltime) are in place to support the development of talking Therapies for clients attending CMMHS. The Hub combined with this additional resource will review what the CMHTs are already delivering, identify gaps in therapeutic care and work to increase clients access to therapy to enable recovery and improve outcomes for clients.
- *YouThrive* is an early intervention youth mental health service which commenced in August 2022. This service, which is delivered across both Cavan and Monaghan, is for 12 – 25 year olds and has a self-referral pathway, along with GP's and parental referral processes. It works in collaboration with existing community and voluntary youth services in the region and also with the statutory CAMHS service. This is part of a CHO 1 process aimed at addressing a shortfall in service provision for this population cohort. This is also linked to the Cavan Monaghan "Connecting for Life" suicide reduction strategy.

Recovery Approach

At the heart of recovery is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health symptoms. Recovery is based on ideas of self-determination and self-management. It emphasises the importance of hope and opportunity in sustaining motivation and supporting expectations of an individually fulfilled life.

Cavan Monaghan Mental Health Service has been delivering *Wellness Recovery Action Plans (WRAP)* for a long number of years. The WRAP programme is co delivered and facilitated by staff, service users and carers of the service. This programme is delivered across a range of venues e.g. community centres, family resource centres, pastoral centres etc, i.e. as close as possible to the community and the patients and their carers.



Services by the various teams are delivered in the following HSE premises, with substantial input in home settings:

- North Monaghan PC Centre
- CMMHS, St Davnets Campus
- Youth Hub, Castleblayney
- Monastery Building, Carrickmacross
- South Monaghan Primary Careentre, Carrickmacross
- Blackwater House

Kindly note this response was held due to Fórsa Industrial Action which has now been lifted.

I hope this information will help to address the concerns raised.

Yours sincerely

A handwritten signature in black ink that reads "Pauline Ackermann". The signature is written in a cursive style and is positioned above a horizontal line.

Pauline Ackermann
General Manager
Mental Health Services CHO1 CDLMS